Risk Assessment Method Statement (RAMS)

Form No: - **Rev. 2** **Rev Date: Jan 2024**

Task Risk Review Report

Document Control Information

This document is a working document and as such, is subject to periodic revision to reflect site conditions, to reflect current practices and procedures for works carried out by Powercom Solutions Engineers

Company:	Powercom Solutions	**Site/Work Location:**	Holiday Inn Express, 28-32 O'Connell Street, Dublin 1 **(Job Number: 24-1143)**		
Address:	59 Annadale Crescent, Drumcondra, Dublin 9	*Description of the Task/Activity:* *Testing and inspection of the installed lightning protection system*			
Tel:	01 837 57 22				
E-mail:	info@powercomsolutions.ie				
Prepared by:	John Molony				
Date of issue:	20th May 2024	**Start Date/Time:**	27/05/2024 @8am	**Finish Date/Time:**	31/05/2024 @5pm

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Personnel Involved	**Name**	**Role/Trade**	
	Charlie Molony	LC Test Engineer	
Site Supervisor	Charlie Molony	**Tel:**	087 605 7993
Safety Officer/FM	John Molony	**Tel:**	01 837 5722
Key Plant & Tools (Attach Certification)	*(e.g., Hand tools, power tools)* Digital Earth Resistance Tester Model Number - DET5/D, Serial Number – EC 12947 Helita Pulsar Tester HPT9211, Tool Box & Tools		
Key Materials	*(e.g., Valves, pipes, lubricants, seals etc)* 25 x3mm copper tape, Bi-metallic connector clamps		
Other Essential Equipment:	*(e.g., access platforms/winches/ladders, etc)* Crowd control barriers, Helmets, Harnesses, Gloves, Eye Protection, First Aid Insulated Electrical Hand tools, Tool Bags.		
Specific Identified Residual Hazards: (or refer to the task specific risk assessment(s))	*(e.g., if none, state none and refer to Risk Assessment Section)* Manual Handling Slips, trips & falls Housekeeping Hand tools		

Specific Staff Training	*(e.g., SafePass, Manual Handling, Working at Heights .etc)* Induction Use of work permit and SPA Manual Handling Safe Pass First Aid Working at heights / Harness safety training
Sequence of Operations: (Include sketches if required)	**Before Work Takes Place.** · **Induction** - In advance of work taking place all team will have completed any required Site induction or permits · **Training** - must verify the operatives have a valid safe pass and manual handling/cert, and before starting work as this is a site requirement. · **Certification** – check to ensure the certification of all equipment used is within calibration date. · **Prestart up briefing** - with SITE Team to be undertaken prior to works taking place. · **Walkdown** -Area will be walked by SITE team and site contact to agree the works areas for the day and check that our works program will not interfere with any works in the general area, observe any additional hazards that might not have been previously identified. · **Safe Access & Egress –** ensure as much as practically possible unhindered access within the daily works areas, should the need to move materials or equipment be required, this will be identified by the Supervisor and planned in advance. · **A Pre task PM assessment** to be carried out by Team prior to any works taking place this must take place daily. · **Toolbox Talk** – on emergency procedures/fire safety and other important site-specific procedures (alarms, muster points etc) · **Emergency** –site emergency procedures to be known in advance by all before work takes place. · **Wash/Sanitise hands** -before entry, exit while on the premises follow all onsite rules regarding COVID 19.

	· **All ladders and hand/power tools/**equipment - to be checked before use (Pre use inspection) & wiped down with disinfectant wipes prior to and after completion of works. · **All work at height equipment** - to be inspected daily before use (harness & lanyard, ladders, MEWPS) and identified on a weekly GA3 and checked weekly and before use by the user and approved by client for use onsite. · **Housekeeping** -All personnel to adhere to "Clean as you go policy and good housekeeping", bins will be provided in each work area and any waste generated will be disposed of into the correct waste receptacles. · **Site Welfare** -Ensure that when using site or welfare facilities. · **Manual handling** – use good lifting techniques to move equipment to the work location. · **Bring Equipment to work area** – all equipment must be brought to area and stored safely, not creating any slip, trip, hazards or blocking any exits, the equipment must be placed behind barriers. Only bring what is necessary for the work to avoid clutter. · **Communication** - Functional means of raising alarm in place and tested & any site-based numbers identified and provided for emergency response purposes. · **Mobile Phones** - All personnel to be made aware of the site policy in relation to the usage of mobile phones. · **Requisite PPE** - must be worn at all times during the works. **Sequence of Works** 1. **Report -** Any incidents/accidents to be reported to EHS and/or Site management immediately. 2. **Housekeeping** - All personnel to adhere to "Clean as you go policy and good housekeeping", bins will be provided in each work area and any waste generated will be disposed of into the correct waste receptacles. This includes good cable management principles. 3. **Material Storage** – material must be stored as safely as possible to prevent unfavourable ergonomic activities. Material must never block, or hinder walkways and emergency exits access or egress points of vehicular access (e.g. from emergency services).

4. **Safe Work Plan (SWP)** -to be completed prior to any works commencing daily, any personnel involved in the works to discuss in the SWP in detail and sign off before any works commence.

5. **PPE** -Don all personal protective equipment required for work

6. Erect barriers and signs (as necessary).

7. Check with the Site Contact that any areas where Test Spikes are to be driven are free from Underground Services. Depth of Test Spike approximately 100mm.

Safe Work Permit for Buried Services

- The object of a Safe Work Permit is to ensure that a hazardous task is not started without the proper controls in place to ensure all foreseen risks have been addressed. This is in addition to all other relevant procedures and should form part of the Risk Assessment process.
- Prior to starting any Earthing Installation works the 'Safe Work Permit For Buried Services' should be completed by the Clients and Powercom Solution Representative
- Ensure all questions are completed. Tick YES/NO or N/A as applicable
- If the answer to any question is **NO**, work must not start until further advice is sought from the Supervisor/Manager responsible for the work

Procedure

DO NOT INSTALL ANY RODS IN THE GROUND UNLESS THE FOLLOWING HAS BEEN DONE

1) Report to our client, Electrical contractor if on site or Main Contractor if applicable and seek information from the building owner/main contractor, electrical contractor, etc. relating to the position of services and determine safe site location
2) If the above is not available, survey site for location of services – man hole covers/gullies/service ducts/traffic lights/ lamp posts/street signs/ substations, etc. which will give an indication of the existence of any possible route of cables and services
3) Utilise C.A.T. to determine live cable position if there is considered a possibility of cable in our working area. If we can move to a safer area, do so.
4) If in doubt and excavation is necessary, select areas to excavate – excavation to be carried out carefully to as deep as possible (1m if this is achievable), services are likely to be located at/or above this level **BUT THEY WON'T ALWAYS BE!!**

5) Proceed with caution when installing the rod
At all times, if in doubt STOP!! And seek further advice!!

8. Check that the instrument being used is in good working order and that the instrument has a current Calibration Certificate.

9. Using the "Dead Earth Method" will also detect a fault within the Lightning Protection System, as Bad Continuity will cause the Earth Tester to register a fault condition.

10. Dependent on local ground conditions use one of the following test procedures:

11. If sufficient soft ground is available install Test Spikes at 15m and 30m from the Electrode under Test. Connect the 30m Spike to Terminal "P2" and the 15m Spike to "C2". Terminals "C1" and "P1" to be bridged with one connection going to the Electrode under Test.

12. Disconnect the Electrode under Test from the Lightning Protection System by either disconnecting the Wall mounted Test Clamp or the Rod to Tape Clamp within the Inspection Housing (Conductor to be checked for current prior to disconnection using Clamp Meter, if reading higher than 2 Amps observed contact Supervisor/Manager). Once isolated continue with the Test. Repeat the procedure at each individual Electrode.

13. If insufficient ground is available to install Test Spikes testing to be carried out using the "Dead Earth Method". As previously indicated disconnect the Electrode under Test from the Lightning Protection System. Terminals "C1" and "P1" are bridged and connected to the Electrode under Test. Terminals "C2" and "P2" are also bridged with one connection going to the Lightning Protection System. Repeat the procedure at each individual Electrode. Charlie Molony is trained in locating Underground Services CSCS (LUGS), and will liaise with the site contacts regarding any underground services in the location of the works.

14. On completion ensure that all Joints/Clamps disconnected during testing are repositioned and securely tightened.

15. Carry out a visual Survey of the general condition of Fixings and Joints on the roof and the installations conformity with the recommendations of BS6651:1999 I.S. EN 62305:2011.

16. Check all existing bonded connections, details items where additional protections are required.

17. Record individual Earth Resistance readings, sizes of structure, any remedial/upgrading that may be required.

18. Engineer to include the date of the Test and the Instrument Plant No. for inclusion within completion documents.

Preparation and Safety

Familiarise with lightning protection standard EN 62305 / BS 6651: Before proceeding, ensure a thorough understanding of EN 62305 / BS 6651 requirements related to the inspection and testing of lightning protection systems.

Safety Equipment Check: Confirm that all personnel have the necessary personal protective equipment (PPE), including safety harnesses, helmets, and non-conductive shoes.

Safety Harness Check: Ensure that all personnel involved in the testing process are equipped with safety harnesses that meet current safety standards and are in good condition. Harnesses should be fitted and worn according to the manufacturer's instructions.

Training Verification: Confirm that all team members have received appropriate training on working at heights, using safety harnesses, and the specific procedures for testing the LPS.

Pre-Access Briefing: Conduct a safety briefing focused on the use of the stair core and roof access hatch, emphasizing fall protection and the proper use of safety equipment.

Visual Inspection: Initiate with a visual inspection of the LPS components (conductors, air terminals, connections) for any signs of damage, corrosion, or loosening.

Accessing the Roof

Secure Stair Core Access: Ensure the stair core is safe to use, well-lit, and clear of obstacles. Use the stair core to safely reach the roof access hatch.

Roof Access Hatch Safety: Verify that the roof access hatch is secure and in good condition. Open the hatch carefully, using appropriate PPE and securing safety lines as needed.

Testing the LPS

Continuity Testing: Utilise a continuity tester to check the electrical continuity of conductors, bonds, and connections within the LPS, ensuring a continuous path to the grounding system. This is critical for the LPS's effectiveness.

Earth Grounding Resistance: Measure the grounding system's resistance using a ground resistance tester. EN 62305 / BS 6651 recommends specific resistance values based on soil conditions and system design to ensure effective dissipation of lightning currents.

Inspect and Test Down Conductors: Examine down conductors for physical damage, proper fastening, and electrical continuity. Ensure they are properly connected to the earthing system.

Documentation and Reporting

Document Test Results: Record all measurements, observations, and any discrepancies noted during the inspection and testing. Include photographs of any defects or issues identified.

Assessment Report: Compile a comprehensive report detailing the inspection and testing process, findings, and recommendations for any corrective actions. The report should reference EN 62305 / BS 6651 standards and compliance.

Post-Inspection

Recommend Repairs: If any issues are identified, recommend immediate repairs or adjustments to ensure the LPS's compliance with EN 62305 / BS 6651 and its effectiveness in lightning protection.

Plan for Regular Maintenance: Schedule regular inspections and testing of the LPS to maintain its integrity and compliance with EN 62305 / BS 6651 over time.

Safety Considerations

Monitor weather conditions closely. Testing should not be conducted during adverse weather conditions that could increase the risk of falls or lightning strikes.
Always prioritise safety when accessing the roof and during testing, especially when working at heights.

Ensure that all personnel involved in the inspection and testing are familiar with EN 62305 / BS 6651 standards and have the necessary technical competence.

Adhering to these steps will help ensure that the lightning protection system on the roof is tested thoroughly and safely.

After Work Takes Place

- **Inspect all Equipment After Use** - All tools shall be in good condition and inspected after each usage, and their respective accessories, submit faulty tools for inspection promptly and ensure unsafe equipment is taken out of use**.**

- **Housekeeping –** leave work area safe and tidy, store tools as recommended by manufacturer.

	Tidy up work area A "Clean As You Go" policy is to be adhered to at all times throughout the task in order to maintain 100% housekeeping. All waste created during the task is to be disposed of in line with established waste management systems. Work area is to be left tidy upon completion of job and supervisor notified that job is complete. Close out project **It is mandatory that the method statement be reviewed by all involved in the task and is available on site for inspection**
Temporary Supports and Props needed to facilitate the works:	*(e.g., guard rails - if none, state none)* None
Method of Access and Egress to the work area:	*(e.g., Ladders/MEWPS/Scaffold/Trestles/Step Ladder, etc)* Existing Stair Core in the building and pedestrian walkways
Fall Protection Measures:	*(Where work at height cannot be eliminated – consider both Personnel & Materials)* <u>Legislation</u> Working at Height Regulations (Part 4- General Application Regulations 2007). **Safety Harness:** All work at height to be carried out to guidelines. Two points of contact to be maintained at all times. All movement between the fall arrest line and the roof edge will be carried out while attached to the fall arrest system **Fall Arrest System:** Should only be considered for use if it is not reasonably practicable to have used a higher-level control to prevent a worker from falling. A fall arrest system is intended to safely stop a worker falling an uncontrolled distance and reduce the impact of the fall. The system must only be used if it is not reasonably practicable to use higher level controls or if higher level controls might not be fully effective in preventing a fall on their own. Only workers who are trained in the correct selection,

<table>
<tr><td></td><td colspan="5">installation and use of the equipment, should use fall arrest systems.</td></tr>
<tr><td rowspan="2">Hazardous Substances:
(Attach SDS as required)

Tick Items</td><td> 
☐
Flammable</td><td> 
☐
Explosive</td><td> 
☐
Acute toxicity</td><td> 
☐
Corrosive</td><td> 
☐
Oxidising</td></tr>
<tr><td> 
☐
Hazardous to the environment</td><td> 
☐
Health hazard</td><td> 
☐
Gas Under Pressure</td><td> 
☐
Serious health hazard</td><td></td></tr>
<tr><td>Storage Arrangements:</td><td colspan="5">(e.g., Storage of chemicals on bunds or set down areas for materials, etc)
N/A</td></tr>
<tr><td>Details of Permits to Work:</td><td colspan="5">(e.g., General Works Permit, Hot Works, Working at Heights, etc)
1. All personnel involved to complete site induction prior to entering the site
2. Obtain necessary permits, general and roof permit
3. Method Statement to be reviewed and signed off
4. Walk down area with Supervisor
5. Set up barriers/signage around area if required</td></tr>
<tr><td>Safe Working Loads (SWL's):</td><td colspan="5">(Detail any limits on the loadings applicable to temporary plant/equipment or fixed elements of the structure where the work is taking place)
N/A</td></tr>
<tr><td>Required Personnel Protective Equipment (PPE):
(Tick Items)</td><td> 
☒
Safety Boots</td><td> 
☒
HI Vis Vest</td><td> 
☒
Safety Helmet</td><td> 
☒
Eye Protection</td><td> 
☐
Ear Protection</td></tr>
</table>

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(Mandatory PPE is Safety Boots and & Hi Vis Vest)	 ☒	 ☒	 ☐	 ☐	 ☒
	Safety Gloves	Safety Harness	Face Protection	Safety Overalls	Safety Signage
Other PPE	*(e.g., Fire retardant overalls, Face Shield, gloves – etc)* N/A				
Emergency Procedures:	*(e.g., Recovery Plans, Site specific Arrangements. etc)* In case of emergency evacuation use nearest emergency, exit and go to assembly point				
	**Name of On-Site First Aider:**	Charlie Molony			
	First Aid Box Location:	Work Vehicle			
	Location of Nearest Hospital:	**Mater Hospital, Eccles St. Dublin 7 PH: 01 803 2000**			
Welfare Requirements	Site welfare and first aid facilities to be provided by others				
Services to be supplied by Others	Access to be provided and harness anchor points				
Other information & Comments	None				

Attachments	*(Tick)*
Training Records	☒
Equipment Certification	☐

Material SDS		☐
Sketches		☐
Program of Works		☒
Overhead Lifting Plan		☐
Other	*(Provide Detail)* N/A	

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Step 1 – Identify the Hazards(s) in the Work Activities

(A Hazard is anything that could cause harm – see attached examples)

Hazard checklist summary			
Work at height (falls)	Faulty access equipment	Mechanical contact	Musculoskeletal injury (Manual Handling)
Falling/Dropping objects	Faulty PPE/work equipment	Outdoor working	Noise / Vibration
Pedestrian traffic	Electricity contact	Weather (e.g. winds)	Biological / Radiological
Vehicle movement	Chemical contact	Temperature extremes	Dust / Gas / Fume
Misuse of access equipment	Slip, trip, fall	Violence	Fire
Other Hazards *(Please list any additional hazards here associated with the works)*			

Step 2 – Assess the Risk

- **List the potential harmful outcomes (risks) of coming into contact with the hazards above** (e.g. Manual handling is the hazard. Back injury, soft tissue injury, sprains and strains are the risks).
- **Decide who may be harmed** (e.g. contractor staff, facilities personnel, building users, members of the public)
- **Quantify the risk** - Look at the consequence (severity) of the potential harm and the probability (likelihood) of the harm occurring

Consequence		
Catastrophic	(5)	Accident or incident leading to death or multiple life threatening injuries.
Critical	(4)	Life threatening injury or multiple serious injuries causing hospitalisation– Dangerous Occurrence
Serious	(3)	Serious injury resulting in hospitalisation or medical treatment, lost work time and requiring reporting of accident to HSA.
Minor	(2)	Minor injury or ill health. Possible on site first aid treatment required
Insignificant	(1)	Very minor injury or ill health, No first aid required.

Probability		
Will happen	(5)	Likely to occur immediately or within a short period of time; may even be expected to occur frequently
Likely to happen	(4)	Quite conceivable – it probably will occur sometime in the future
Probable	(3)	Circumstances can be envisaged when it could happen, sometime in the future.
Possible	(2)	Considered unlikely – could occur but it's doubtful
May never happen	(1)	Unlikely to occur - only in exceptional circumstances

Initial Risk Rating (IRR) = Consequence * Probability

(IRR) – risk rating *before* controls are applied

Probability		Consequence				
		Insignificant 1	Minor 2	Serious 3	Critical 4	Catastrophic 5
May never happen	1	1	2	3	4	5
Possible	2	2	4	6	8	10
Probable	3	3	6	9	12	15
Likely to happen	4	4	8	12	16	20
Will happen	5	5	10	15	20	25

Depending on the risk rating value the risk is ranked into Low (1-4), Medium (5-12), High (12-16) or Very High (20-25)

Risk Rating	Ranking	Description / Guidance
0-4	Low (L)	Low risk, controlled satisfactorily. No additional controls are required, but activity should be monitored to ensure risk does not increase over time.
05-12	Medium (M)	Moderate risk, additional controls may be required to bring the risk level down to as low as reasonably practicable.
12-16	High (H)	Serious risk, *additional controls must be put in place. Controls should be identified to bring risk level down to as low as is reasonably practicable
20-25	Very High	Unacceptable level of risk. The activity should not commence until control measures have been put in place to reduce risk to an acceptable level. Inform relevant Line Manager immediately.

Step 3 – Decide on appropriate controls to manage the risk

- **Risk must be brought to the lowest level possible**
- Eliminating (removing) the risk is most effective, followed by substitution (replacing something dangerous with something less dangerous) and so on
- As you go down the list the controls get less effective
- **PPE is the least effective control**

- **Standard Control Measure**
- Controls already in place, in line with best practice and industry guidelines
- **E.g. Manual handling Standard control** – personnel must be trained in manual handling and assess loads before lifting
- **Additional control measures**
- Depending on the risk rating additional controls may be required to bring the risk down to the lowest level
- **E.g. Manual Handling Additional Control:** Trolleys to be used to move equipment to the works area

Final Risk Rating (FRR) = Consequence * Probability

(FRR) – risk rating *after* controls are applied

Step 4 – Record, Communicate and Monitor/Review

- Risk Assessments must be recorded (written down)
- Risk Assessments must be communicated to all the relevant people involved in the works– **most importantly the personnel completing the work must be aware of the risk assessment controls**
- Monitor the works to ensure the risk assessments are sufficient to manage risk
- Risk assessments must be reviewed periodically (annually) *or* following any change in the work *or* following an accident or incident

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	Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
Example	*Slips / Trips / Falls*	*Falls due to uneven surfaces or due to the nature of work leading to injury*	*Company Operatives*	*3*	*3*	*9*	• *Area to be cordoned off.* • *All floor coverings must be maintained and in good condition.* • *Walkways kept clear.* • *Works area to be arranged to allow for unhindered movement*	• *Exclusion zone with barriers and guard rails* • *Signage in place to advise people of working zone.* • *Works taking place out of normal working hours to minimize risk*	*3*	*2*	*6*
				Select	Select	Select			Select	Select	Select
	Attendance on site	Serious injury/Death	Powercom Solutions Operatives	3	3	9	Report to site on arrival/ attend site induction sign on – off on a daily basis	Complete 'point of work' risk assessment, use of permit to work system	3	2	6
	Accessibility / Egress	Trips, falls or slips, Improper access for plant areas equipment works areas.	Powercom Solutions Operatives/ Persons in Vicinity & Building Occupants	3	3	9	Operatives use approved designated access routes for works to access work areas Clearly marked and safe segregated pedestrian and vehicle routes, crossing points, parking, loading and vehicle only areas are clearly marked and signposted. Site policy on reversing Operatives shall ensure a good housekeeping policy is in affect	Materials and equipment must not be stored on escape route of emergency exits doors, these areas must be kept clear at all times. Only approved passage ways and walkway routes can be used by vehicle related traffic and/or pedestrians. Operatives shall ensure that a clear access/egress route is available to personnel at all times. Operatives will wear suitable	3	2	6

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Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
						(i.e. clean as you go). Materials to be stacked neat and tidy	slip-resistant footwear at all times, materials will not be allowed to trail across general access areas. Good lighting levels to be maintained in work area.			
Risk of injury whilst working on a strange site	Serious injury/Death	Powercom Solutions Operatives	2	4	8	Attend site induction/Inspect site prior to work	Complete 'point of work' risk assessment, liaise with site contact for risk to be identified Inspect site for hazards	2	2	4
Falling Objects	Serious injury/Death	Powercom Solutions Operatives	4	4	16	Notify site contact of proposed works	Confine working area, restrict access, erect warning signs	4	2	8
Working at Height (Roof Area)	Falls through openings Falls over edges Items falling from work area Throwing waste material from roof etc. Overreaching Tripping hazards on work area	Powercom Solutions Operatives	4	4	16	Risk assessment to be done for all work conducted at height as per Safety, Health and Welfare at Work (General Application) Regulations 2007 Work at height must be planned, supervised and carried out safely Risk assessment and planning should take into account the effects that weather can have on outdoor work at height If it is not reasonably practicable to avoid or prevent a fall, employers should ensure both the distance of the fall and its	The area below the work must be fenced off Support systems with built in edge protection should be used if possible. Edge protection must be erected at all openings or edges where falls can occur. Where edge protection is removed for access of personnel or materials, and where it is not practicable to provide edge protection, safety lines and harnesses must be worn and suitable anchorages provided of a	4	2	8

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
						consequences are minimized. A weekly inspection is to be carried out for working platforms and used in construction work from which a person could fall and sustain injury (Form GA3) Safe means of access to the work location must be provided using ladders, scaffolding, MEWP's or mobile tower scaffolds. Personal Fall Arrest Systems should be used only as a last resort – e.g if it is impossible/impracticable to use collective fall protection measures. Signs "Work Overhead" must be placed around the area	permanent or a temporary nature, designed to withstand forces of a fall. Redundant materials and debris must not be thrown from a height/off the roof (bombing)- a debris chute or similar must be used for materials and debris lowered in suitable containers.			
Roof Works	Falls of person(s), e.g. edges, openings Falls of materials from height Inadequately trained personnel Serious injury/Death	Powercom Solutions Operatives	5	3	15	Site Management will provide safe access to the roof and safe egress from roof Hand rails, Fall safe systems <u>Legislation:</u> • The Safety, Health and Welfare at Work Act 2005 and	Work at heights training, wear full PPE, use fall arrest system at all times Work on roofs will not be permitted during high winds or gusting. Roof surfaces and access routes must be checked before the commencement of work and /or after heavy rain, frost or	5	2	10

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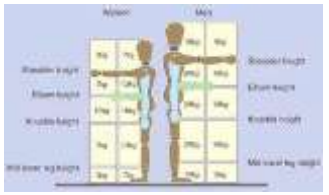
						• The Safety, Health and Welfare at Work (General Application) Regulations 2007 • Working at Height Regulations (Part 4 – General Application Regulations 2007) – H.S.A. Code of Practice for Safety in Roof Work 2005	snow Roof access permit must be completed and submitted to site management			
Use of plant and equipment	Serious injury/Death	Powercom Solutions Operatives	4	3	12	Plant to be tested to Powercom Solutions quality procedures	Inspect for defects prior to use Use trained operatives	4	2	8
Manual handling	Muscle strain/ Back injury Musculoskeletal Disorders (MSD) such as upper and lower limb pain/disorders Repetitive Strain Cuts and bruising's, crush injuries. Back Injuries and herniated discs.	Powercom Solutions Operatives	3	4	12	Management to make available proper tools for the job Instruction in safe use of tool and competent supervision Purchase good quality tools Replace blunt cutting edges (where applicable) Handles should be free from splits, cracks and splinters Any moving or adjustable parts should be kept oiled Tools should be stored indoors and should be kept clear of access-ways Leads to be sited overhead where possible PPE to be worn at all times Manual handling training to be	Manual handling training, use of lifting devices Determine the route - can a goods lift be utilised? Take regular breaks and change position regularly during potentially prolonged work in the same position 	3	2	6

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
						completed All Personnel have manual handling training and wear protective clothes and gloves whilst carrying out their respective duties. Work organised so as manual handling is kept to an absolute minimum. Plan the task. Consider what is to be handled, how it is to be handled and where it is to be transported to. Break the load down if possible Supervisors and Operatives shall ensure there are enough employees present to carry out the operation with no risk to anyone's health or safety. All relevant information about the process to be discussed prior to work commencing. Where possible lifting operations will be carried out by machine. However, due to the nature of the work it will also be necessary to move materials and equipment by hand. All persons carrying out manual lifting operations will be				

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
						physically fit and able and will be trained in proper manual handling. PPE (e.g. gloves, steel toe-capped/mid sole boots etc.) will be worn during lifting operations.				
Noise	Exposure to noise can cause damage . hearing resulting in temporary hearing loss, , tinnitus or permanent hearing damage (NIHL)	Powercom Solutions Operatives/ Persons in Vicinity & Building Occupants	4	4	16	Observe Warning signs have been erected in areas and next to noisy equipment. • If noise level is over 80dB • If the noise level is over 85 dB (A). Ear protection is mandatory. Wear ear defenders or earplugs	Limit duration of use of noisy equipment Wear correctly fitting ear defenders	4	2	8
Risk of trips, slips and falls	Serious injury/Death Cuts and Abrasions, Laceration, Serious bodily injury, Amputation, Death	Powercom Solutions Operatives	4	3	12	Inspect site for hazards Ensure routes are kept clean and clear. Remove rubble, waste and other materials from access/task routes. Use designated routes to and from workplace. Site tidiness maintained by cleaning up during work, at end of day (major) weekly to avoid slips and trips. Assess areas to ensure safe	Report any hazards	4	2	8

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
						access e.g. That false doors are secured, work machinery for oil leaks etc. Avoid walking through areas where surface isn't fully visible e.g. Covered in floor protection, pooling of water- risk of opes being covered. Vigilance from employees as to the risks from slips trips and falls. No protruding nails allowed: all such nails must be clawed out or hammered flat. All extension leads / electric cables must be suspended safely in areas and/or laid as not to obstruct access/egress paths etc. Method of working clearly outlined including scope, routes and housekeeping. Ensure boots are kept clean and free of mud, oil, grease, use anti-static, oil resistance safety boots. Keep footwear as clean as possible. Ensure ladders are set on solid ground, away from other obstructions. Consider weather conditions				

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
						when working/assessing roofs, scaffolding and roadways. Tidy up area after each task. Never block access/egress routes with materials equipment. Inform all employees of access/egress routes and any changes to these throughout the course of the project. Appropriate PPE equipment to be worn.				
Use of Hand tools	Cuts, Abrasions, lacerations Hand injuries Hitting electrical cables or wires	Powercom Solutions Operatives	4	4	16	Use safe working methods Management to make available proper tools for the job. Instruction in safe use of tool and competent supervision Purchase good quality tools. Replace blunt cutting edges (where applicable) Knives with retractable blades are to be used as per CCL knife policy.	When cutting or stripping cable, at no time is the cable to be rested on your leg while cutting or stripping. When using knives, always cut away from the body. Handles should be free from splits, cracks and splinters. Any moving or adjustable parts should be kept oiled. Tools should be kept indoors and should be kept clear of access-ways. Leads to be sited overhead where possible. PPE to be worn at all times Manual handling training to be completed	4	2	8

Risk Assessment Method Statement (RAMS)

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Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
Lone Working	There is no general prohibition on persons working alone; however, there are specific instances where legislation requires more than one person to be involved in an operation, in which case the work will be planned for the relevant number of persons. • In certain circumstances, lone working is not permissible and the worker will be supervised, e.g. young person's operating dangerous machinery, persons undergoing training; • Devising safe work arrangements for solitary workers, should be no different from organising the safety of other employees. Hazards need to be identified and risks assessed. <u>The following is a list of risks to lone workers;</u>	Powercom Solutions Operative	4	4	16	When working alone you have a duty to take reasonable care of yourself. Inform your Supervisor that you will be working alone, and ensure he/she knows what you will be doing. The Supervisor should be informed of employees starting time and finishing time.	• Before working alone, you must consider; • That the job you have been asked to do can be done safely by one person; • That there is safe access and egress in case of an emergency; • That someone can be alerted should you require assistance; and • That Management are aware of any medical condition you may have, i.e. diabetes, asthma etc. <u>Legislation:</u> • The Safety, Health and Welfare at Work Act 2005; and • The Safety, Health and Welfare at Work (General Application) Regulations 2007.	4	2	8

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
	• Fire, equipment failure, illness, accidents, safe access/egress for one person, handling of plant, substances and goods, i.e. weight considerations, medical condition of employee, lack of suitable training, manual handling of access equipment e.g. ladders and trestles*.									
Stress	Workplace stress arises when the demands of the job and working environment on a person exceed his/her capacity to cope with those demands. The causes of stress in the workplace include: • Faulty work organisation; • Changes at work; • Poor working relationships; • Poor communications at work;	All Parties on site	3	2	6	The Safety, Health and Welfare at Work Act 2005 obliges employers to identify and safeguard against all risks to health and safety. • It is the Company's policy to identify potential problems that may give rise to stress, then assess the risks and implement safeguards. Legislation:	• The company have employed the services of an Employee Assistance Program, providing free counselling to all employees. Counselling can be directly related to work stresses, or personal concerns.	3	1	3

Hazards	Risks	Exposed Parties	C	P	IRR	Standard Control Measures	Additional, Site-Specific Control Measures	C	P	FRR
	• Lack of personal control over work; • Poorly defined work roles; • Machine paced work; • Dull repetitive work; • Highly demanding task; • Dealing directly with the public; and • The threat of violence. <u>The effects of stress include:</u> • Emotional level (fatigue, anxiety); • Cognitive level (making mistakes, having accidents); • Behavioural level (smoking, excess drinking, over eating); and • Physiological (contributing to raised blood pressure, heart disease, reduced resistance to infection, digestive problems and skin problems).					• The Safety, Health and Welfare at Work Act 2005; and • The Safety, Health and Welfare at Work (General Application) Regulations 2007 – and associated amendments.				

Risk Assessment Method Statement (RAMS)

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"All work(s) will be undertaken by qualified competent persons with experience of the type of work described above, and in all cases in full accordance with safety procedures specified in the company's Health and Safety Policy".			
Contractor Sign off	**Name**	**Position**	**Date**
RAMS Prepared by:	John Molony	Director	20/ 05 / 2024
RAMS Reviewed by:	Deirdre Hallissey	Director	20/ 05 / 2024
RAMS Communicated by:	John Molony	Director	20/ 05 / 2024

Facilities Sign off	**Name**	**Position**	**Date**
RAMS Reviewed By:			___ / ___ / 20__

"I confirm that I have read, understand and shall undertake the work in a safe manner, as outlined in RAMS document and shall notify the site supervisor of any deviations or change of works".		
Name (Print)	**Signature**	**Date**
CHARLIE MOLONY		20/ 05 / 2024
		___ / ___ / 20__
		___ / ___ / 20__
		___ / ___ / 20__
		___ / ___ / 20__
		___ / ___ / 20__
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